

## **THERAPY MATTERS**

A new workshop series with  
LYNN PRESTON, MA, MS, LP

In this once-a-month series we will delve into 8 pivotal dimensions of generative therapeutic process. These workshops are an interweaving of theoretical exploration and experiential demonstrations. They are designed to be accessible and challenging to both beginning and seasoned clinicians.

### **WORKSHOP THREE**

Wednesday, January 16th, 7:30 - 9:15pm

### **"CRUCIAL THERAPEUTIC CONVERSATION: The Kind of Interaction That Enlivens and Heals"**

*Lynn Preston assisted by Lanie Kagan*

We all know the exceptional experience of a dialogue that takes off on wings of curiosity, creativity and engagement. It feels like we are not "holding such a conversation" but that *it is holding us*. We are surprised, not only by what the *other* has to say but by what *is coming from us*! It is both thoughtful and spontaneous. It has a life of its own and that life comes through us with its own momentum. Each expression builds on the previous one and leads to the next. It doesn't follow the usual logical rout, but its unpredictable twists and turns are leading us somewhere. It is being guided by some implicit directionality that we can only see in hindsight.

Psychotherapy at its most powerful is such a conversation.

The processes of finding an alive connection to ourselves - what we are just then experiencing - and finding an alive connection to the other are one dynamic interaction.

In this workshop we will look at the elements of genuine conversation and of focusing, and we will experiment with finding our way into such a dialogue.

**PLACE:** 100 West Houston Street, between  
LaGuardia & Thompson Streets, Buzzer #2

**FEE:** \$40

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Co-sponsored by  
Focusing-Oriented Relational Psychotherapy (**FORP**) Study Center  
and  
Relational Self Psychology (**RSP**) Study Center

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To register, contact Lynn Preston at  
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